

## DRAFT

Prepared by North State Resources, Inc. for Bureau of Reclamation

<b>TABLE 2. PLANT SPECIES OBSERVED ON SHASTA LAKE WITH NATIVE AMERICAN HISTORICAL AND/OR CURRENT USAGE</b>		
<b>SCIENTIFIC NAME</b>	<b>COMMON NAME</b>	<b>USES</b>
<b>BIG BACKBONE ARM</b>		
<i>Acer circinatum</i>	Vine maple	Love medicine, antidiarrheal, misc. disease remedy, food (sap), basketry, building material, and snow gear.
<i>Acer macrophyllum</i>	Bigleaf maple	Tuberculosis remedy, dermatological aid, tonic, and food (sap, seeds, spice).
<i>Achillea millefolium</i>	Yarrow	Cold remedy, febrifuge, misc. disease remedy, pediatric aid, analgesic, respiratory aid, poultice, and breast treatment.
<i>Adenocaulon bicolor</i>	Trail plant	Dermatological aid and tuberculosis remedy.
<i>Adiantum capillaris-veneris</i>	Southern maiden-hair	Antirheumatic (internal)
<i>Aesculus californica</i>	California buckeye	Hemorrhoid remedy, poison (seed), toothache remedy, veterinary aid, and food (fruit).
<i>Agoseris glauca</i>	Mountain dandelion	Food (candy), dermatological aid, laxative,
<i>Alnus rhombifolia</i>	White alder	Antidiarrheal, antihemorrhagic, blood medicine, burn dressing, diaphoretic, emetic, gastrointestinal aid, gynecological aid, and tuberculosis remedy.
<i>Anaphalis margaritacea</i>	Pearly everlasting	Burn dressing, tuberculosis remedy, analgesic, cold remedy, cough medicine, eye medicine, respiratory aid, throat aid, ceremonial medicine, and disinfectant.
<i>Arabis glabra</i>	Smooth rock cress	Cold remedy, panacea, pediatric aid, and beverage.
<i>Arbutus menziesii</i>	Pacific madrone	Gastrointestinal aid, emetic, burn dressing, dermatological aid, misc. disease remedy, ceremonial medicine, and dietary aid.
<i>Arctostaphylos manzanita</i>	Common manzanita	Dermatological aid, veterinary aid, gastrointestinal aid, poison, dietary aid, cold remedy, analgesic, beverage, and antidiarrheal.
<i>Arctostaphylos viscida</i>	Whiteleaf manzanita	Dietary aid, gastrointestinal aid, beverage, and food (fruit).
<i>Aristolochia californica</i>	Pipevine	Cold remedy
<i>Artemisia douglasiana</i>	Mugwort	Analgesic, antirheumatic

**TABLE 2. PLANT SPECIES OBSERVED ON SHASTA LAKE WITH NATIVE AMERICAN HISTORICAL AND/OR CURRENT USAGE**

SCIENTIFIC NAME	COMMON NAME	USES
		(external), dermatological aid, ear medicine, respiratory aid, urinary aid, and abortifacient.
<i>Asclepias cordifolia</i>	Purple milkweed	Food (candy)
<i>Brodiaea coronaria</i>	Harvest brodiaea	Food (corms/bulbs).
<i>Calycanthus occidentalis</i>	Spicebush	Cold remedy, expectorant, gastrointestinal aid, throat aid, basketry and hunting and fishing item.
<i>Calystegia occidentalis</i>	Western morning glory	Love medicine.
<i>Ceanothus cuneatus</i>	Buck brush	Basketry, fuel, hunting and fishing item, and tools.
<i>Ceanothus integerrimus</i>	Deer brush	Gynecological aid, food (seeds), basketry, and tools.
<i>Cercis occidentalis*</i>	Redbud	Basketry.
<i>Chlorogalum pomeridianum</i> var. <i>pomeridianum</i>	Soap plant	Dermatological aid, poison (bulb), and analgesic.
<i>Clarkia purpurea</i>	Purple clarkia	Eye medicine and food (seeds).
<i>Cornus nuttallii</i>	Mountain dogwood	Cathartic, emetic, tonic, herbal steam, laxative, blood medicine, gastrointestinal aid, and psychological aid.
<i>Cornus sericea</i>	American dogwood	Cold remedy, cough medicine, emetic, febrifuge, ceremonial medicine, anthelmintic, antidiarrheal, and antiemtic.
<i>Corylus cornuta</i> var. <i>californica</i>	Hazelnut	Eye medicine, gastrointestinal aid, heart medicine, antirheumatic (external), emetic, pediatric aid, and psychological aid.
<i>Darmera peltata</i>	Indian rhubarb	Gynecological aid, food (shoots), and cooking agent.
<i>Dendromecon rigida</i>	Bush poppy	Food (seeds) and smoke plant.
<i>Dichelostemma capitatum</i> ssp. <i>capitatum</i> *	Blue dicks	Food (corms/bulbs).
<i>Disporum hookeri</i>	Hooker's fairybells	Kidney aid, food (fruit), poison, and love medicine.
<i>Elymus glaucus</i>	Blue wild rye	Food (seeds)
<i>Epilobium angustifolium</i>	Fireweed	Cough medicine, dermatological aid, laxative, and pediatric aid.
<i>Eremocarpus setigerus</i>	Dove weed	Antidiarrheal, veterinary aid, analgesic, heart medicine, kidney aid, misc. disease remedy, poison, and hunting and fishing item.
<i>Eriodictyon californicum</i>	Yerba Santa	Antirheumatic (external), cold remedy, herbal steam, pulmonary aid, analgesic, dermatological aid, and orthopedic aid.

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SCIENTIFIC NAME	COMMON NAME	USES
<i>Eriogonum nudum</i>	Naked buckwheat	Food (stems), brushes and brooms, toys and games, cooking tools, smoking tools, and gastrointestinal aid.
<i>Eriophyllum lanatum</i>	Woolly sunflower	Love medicine, dermatological aid, and antirheumatic (external).
<i>Fraxinus latifolia</i>	Oregon ash	Febrifuge, snake bite remedy, anthelmintic, dermatological aid, canoe material, basketry, protection, and tools.
<i>Gilia capiata</i>	Globe gilia	Food (seeds).
<i>Heteromeles arbutifolia</i>	Toyon	Abortifacient, analgesic, gastrointestinal aid, dermatological aid, and food (fruit).
<i>Iris tenuissima</i>	Slender iris	Gynecological aid and hunting and fishing item.
<i>Juncus effusus</i>	Common rush	Emetic, oral aid, orthopedic aid, pediatric aid, strengthener, fodder, food (sprouts), cordage, and unspecified ceremonial use.
<i>Lilium pardalinum</i>	Leopard lily	Food (bulbs).
<i>Lomatium utriculatum</i>	Common lomatium	Dermatological aid, orthopedic aid, analgesic, gastrointestinal aid, and food (leaves, flowers).
<i>Lonicera hispidula</i> var. <i>vacillans</i>	Hairy honeysuckle	Designs (tattooing) and smoking tools.
<i>Lonicera interrupta</i>	Chaparral honeysuckle	Eye medicine, antirheumatic (external), dermatological aid, basketry, food (nectar), and smoking tools.
<i>Lotus humistratus</i>	Foothill lotus	Gynecological aid.
<i>Lupinus albifrons</i>	Silver bush lupine	Gastrointestinal aid and ceremonial items.
<i>Mimulus guttatus</i>	Common monkeyflower	Analgesic, herbal steam, orthopedic aid, dermatological aid, gastrointestinal aid, and food (leaves).
<i>Osmorrhiza occidentalis</i>	Sierran sweet-cicely	Breast treatment, cough medicine, dermatological aid, eye medicine, gynecological aid, nose medicine, febrifuge, toothache remedy, and analgesic.
<i>Pellaea mucronata</i>	Bird's-foot fern	Antihemorrhagic, good luck charm, blood medicine, dermatological aid, emetic, febrifuge, gynecological aid, and beverage.
<i>Phacelia hastata</i>	Silverleaf phacelia	Gynecological aid.
<i>Philadelphus lewisii</i>	Wild mock orange	Cathartic, antirheumatic (external), breast treatment,

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SCIENTIFIC NAME	COMMON NAME	USES
		dermatological aid, hemorrhoid remedy, pulmonary aid, and basketry.
<i>Phoradendron villosum</i>	Oak mistletoe	Abortifacient.
<i>Pinus attenuata</i>	Knobcone pine	Decorations.
<i>Pinus ponderosa</i>	Ponderosa pine	Dermatological aid, analgesic, antirheumatic (external), gynecological aid, and ceremonial medicine (pollen, cones).
<i>Pinus sabiniana</i>	Gray pine	Antirheumatic (internal, external), burn dressing, dermatolocial aid, analgesic, food (nuts), and diaphoretic.
<i>Polygonum lapathifolium</i>	Willow weed	Gastrointestinal aid, ceremonial medicine, febrifuge, cathartic, and emetic.
<i>Populus fremontii</i>	Fremont cottonwood	Analgesic, antirheumatic (external), dermatolocial aid, veterinary aid, orthopedic aid, and poultice.
<i>Pseudotsuga menziesii</i>	Douglas-fir	Cough medicine, gastrointestinal aid, gynecological aid, throat aid, antirheumatic (external), orthopedic aid, cold remedy, and antidiarrheal.
<i>Pteridium aquilinum</i>	Western bracken fern	Poison, antiemetic, disinfectant, misc. disease remedy, tonic, dermatological aid, cancer treatment, antidiarrheal, antorheumatic (internal), and blood medicine.
<i>Pycnanthemum californicum</i>	Mountain mint	Cold remedy.
<i>Quercus chryssolepis</i>	Canyon live oak	Poison and food (acorns).
<i>Quercus garryana</i>	Oregon oak	Tuberculosis remedy, gynecological aid, and food (acorns).
<i>Quercus kelloggii</i>	Black oak	Food (acorns).
<i>Ranunculus occidentalis</i>	Western buttercup	Poison, season indicator, and food (seeds).
<i>Rhus trilobata</i>	Skunkbrush	Emetic, gastrointestinal aid, gynecological aid, oral aid, misc. disease remedy, burn dressing, cold remedy, diuretic, hemostat, and reproductive aid.
<i>Ribes divaricatum</i>	Gooseberry	Cold remedy, eye medicine, throat aid, dermatological aid, and psychological aid.
<i>Ribes roezlii</i>	Sierra gooseberry	Food (fruit).
<i>Rosa gymnocarpa</i>	Wood rose	Ceremonial medicine, dermatological aid, eye

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SCIENTIFIC NAME	COMMON NAME	USES
		medicine, hunting medicine, poison, tonic, and food (spice).
<i>Rubus leucodermis</i>	Western raspberry	Antidiarrheal, gastrointestinal aid, dermatological aid, misc, disease remedy, food (fruit), and beverage.
<i>Rubus parviflorus</i>	Thimbleberry	Pulmonary aid, burn dressing, dietary aid, tonic, antiemetic, antihemorrhagic, dermatological aid, gynecological aid, and blood medicine.
<i>Rubus ursinus</i>	California blackberry	Antidiarrheal, gastrointestinal aid, antiemetic, antihemorrhagic, gynecological aid, and food (fruit).
<i>Salix exigua</i>	Narrow-leaved willow	Adjuvant, antirheumatic (external), cold remedy, febrifuge, ceremonial medicine, emetic, venereal aid, cough medicine, throat aid, beverage, and basketry.
<i>Salix lasiolepis</i>	Arroyo willow	Cold remedy, antidiarrheal, dermatological aid, diaphoretic, febrifuge, panacea, misc. disease remedy, cordage, and basketry.
<i>Sanicula bipinnatifida</i>	Purple sanicle	Panacea and snake bite remedy.
<i>Sedum spathulifolium</i>	Pacific stonecrop	Gynecological aid, hemostat, hemorrhoid remedy, pediatric aid, sedative, laxative, and oral aid.
<i>Smilax californica</i>	Greenbriar	Basketry.
<i>Styrax officinalis</i> var. <i>redivivus</i>	Snowdrop bush	
<i>Symporicarpus albus</i> var. <i>laevigatus</i>	Snowberry	Dermatological aid, venereal aid, diuretic, burn dressing, eye medicine, febrifuge, and pediatric aid.
<i>Tellima grandiflora</i>	Fringe cups	Psychological aid, dietary aid, and panacea.
<i>Toxicodendron diversilobum</i>	Poison oak	Eye medicine, contraceptive, poison, preventative medicine, dermatological aid, antidote, and snak bite remedy.
<i>Trifolium variegatum</i>	White-tipped clover	Food (leaves, flowers).

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SCIENTIFIC NAME	COMMON NAME	USES
<i>Triteleia hyacinthina</i>	White brodiaea	Food (bulbs).
<i>Umbellularia californica</i>	California bay	Analgesic, insecticide, cold remedy, dermatological aid, disinfectant, gynecological aid, panacea, and antirheumatic (external).
<i>Verbena lasiostachys</i>	Common verbena	Febrifuge, gastrointestinal aid, and misc. disease remedy.
<i>Vitis californica*</i>	Wild grape	Food (fruit) and basketry.
<b>SQUAW CREEK ARM</b>		
<i>Acer macrophyllum</i>	Bigleaf maple	Tuberculosis remedy, dermatological aid, tonic, and food (sap, seeds, spice).
<i>Achillea millefolium</i>	Yarrow	Cold remedy, febrifuge, misc. disease remedy, pediatric aid, analgesic, respiratory aid, poultice, and breast treatment.
<i>Adenocaulon bicolor</i>	Trail plant	Dermatological aid and tuberculosis remedy.
<i>Adiantum capillaris-veneris</i>	Southern maiden-hair	Antirheumatic (internal)
<i>Aesculus californica</i>	California buckeye	Hemorrhoid remedy, poison (seed), toothache remedy, veterinary aid, and food (fruit).
<i>Agoseris glauca</i>	Mountain dandelion	Food (candy), dermatological aid, laxative,
<i>Alnus rhombifolia</i>	White alder	Antidiarrheal, antihemorrhagic, blood medicine, burn dressing, diaphoretic, emetic, gastrointestinal aid, gynecological aid, and tuberculosis remedy.
<i>Amelanchier utahensis</i>	Utah service-berry	Gynecological aid, food (fruit), and basketry.
<i>Anaphalis margaritacea</i>	Pearly everlasting	Burn dressing, tuberculosis remedy, analgesic, cold remedy, cough medicine, eye medicine, respiratory aid, throat aid, ceremonial medicine, and disinfectant.
<i>Aquilegia formosa</i>	Crimson columbine	Analgesic, antirheumatic (external), cold remedy, cough medicine, dermatological aid, gastrointestinal aid, panacea, and throat aid.
<i>Arabis glabra</i>	Smooth rock cress	Cold remedy, panacea, pediatric aid, and beverage.
<i>Arbutus menziesii</i>	Pacific madrone	Gastrointestinal aid, emetic, burn dressing, dermatological aid, misc. disease remedy, ceremonial medicine, and dietary aid.

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SCIENTIFIC NAME	COMMON NAME	USES
<i>Arctostaphylos viscida</i>	Whiteleaf manzanita	Dietary aid, gastrointestinal aid, beverage, and food (fruit).
<i>Aristolochia californica</i>	Pipevine	Cold remedy
<i>Artemisia douglasiana</i>	Mugwort	Analgesic, antirheumatic (external), dermatological aid, ear medicine, respiratory aid, urinary aid, and abortifacient.
<i>Aruncus dioicus</i>	Goat's beard	Dermatological aid, eye medicine, gynecological aid, orthopedic aid, urinary aid, gastrointestinal aid, and misc. disease remedy
<i>Asclepias fascicularis</i>	Narrow-leaved milkweed	Snake bite remedy, poison (flowers), cooking agent, food (leaves), and cordage.
<i>Bromus carinatus</i>	California brome	Poison and food (seeds).
<i>Calocedrus decurrens</i>	Incense cedar	Herbal steam, gastrointestinal aid, cold remedy, food (spice), building material, brushes and brooms, and basketry.
<i>Calycadenia fremontii</i>	Fremont's calycadenia	Febrifuge.
<i>Calycanthus occidentalis</i>	Spicebush	Cold remedy, expectorant, gastrointestinal aid, throat aid, basketry and hunting and fishing item.
<i>Calystegia occidentalis</i>	Western morning glory	Love medicine.
<i>Carex barbarae</i>	Santa Barbara sedge	Basketry, cordage, and sewing material.
<i>Castilleja applegatei</i>	Wavy-leaved Indian paintbrush	Beverage.
<i>Ceanothus cuneatus</i>	Buck brush	Basketry, fuel, hunting and fishing item, and tools.
<i>Ceanothus integerrimus</i>	Deer brush	Gynecological aid, food (seeds), basketry, and tools.
<i>Centaurium venustum</i>	Canchalagua	Febrifuge, misc. disease remedy, and pulmonary aid.
<i>Cephalanthus occidentalis</i>	California button willow	Eye medicine, antidiarrheal, febrifuge, tonic, toothache remedy, antihemorrhagic, and antirheumatic (internal).
<i>Cercis occidentalis*</i>	Redbud	Basketry.
<i>Chlorogalum pomeridianum</i> var. <i>pomeridianum</i>	Soap plant	Dermatological aid, poison (bulb), and analgesic.
<i>Clarkia purpurea</i>	Purple clarkia	Eye medicine and food (seeds).
<i>Clematis ligusticifolia</i>	Virgin's bower	Analgesic, veterinary aid, dermatological aid, cold remedy, and throat aid.
<i>Cornus nuttallii</i>	Mountain dogwood	Cathartic, emetic, tonic, herbal steam, laxative, blood medicine, gastrointestinal aid, and psychological aid.
<i>Cornus sericea</i>	American dogwood	Cold remedy, cough medicine,

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SCIENTIFIC NAME	COMMON NAME	USES
		emetic, febrifuge, ceremonial medicine, anthelmintic, antidiarrheal, and antiemetic.
<i>Corylus cornuta</i> var. <i>californica</i>	Hazelnut	Eye medicine, gastrointestinal aid, heart medicine, antirheumatic (external), emetic, pediatric aid, and psychological aid.
<i>Cynoglossum grande</i>	Hound's tongue	Burn dressing, gastrointestinal aid, venereal aid, and food (roots).
<i>Darmera peltata</i>	Indian rhubarb	Gynecological aid, food (shoots), and cooking agent.
<i>Delphinium nudicaule</i>	Red larkspur	Narcotic.
<i>Dendromecon rigida</i>	Bush poppy	Food (seeds) and smoke plant.
<i>Deschampsia cespitosa</i>	Tufted hairgrass	Food (seeds).
<i>Dichelostemma capitatum</i> ssp. <i>capitatum</i> *	Blue dicks	Food (corms/bulbs).
<i>Disporum hookeri</i>	Hooker's fairybells	Kidney aid, food (fruit), poison, and love medicine.
<i>Elymus elymoides</i>	Squarreltail	Fodder.
<i>Elymus glaucus</i>	Blue wild rye	Food (seeds)
<i>Equisetum arvense</i>	Common horsetail	Dermatological aid, diuretic, orthopedic aid, veterinary aid, kidney aid, and laxative.
<i>Eremocarpus setigerus</i>	Dove weed	Antidiarrheal, veterinary aid, analgesic, heart medicine, kidney aid, misc. disease remedy, poison, and hunting and fishing item.
<i>Erigeron philadelphicus</i>	Philadelphia fleabane	Antidiarrheal, antihemorrhagic, abortifacient, analgesic, anticonvulsive, cold remedy, cough medicine, and dermatological aid.
<i>Eriodictyon californicum</i>	Yerba Santa	Antirheumatic (external), cold remedy, herbal steam, pulmonary aid, analgesic, dermatological aid, and orthopedic aid.
<i>Eriogonum nudum</i>	Naked buckwheat	Food (stems), brushes and brooms, toys and games, cooking tools, smoking tools, and gastrointestinal aid.
<i>Eriophyllum lanatum</i>	Woolly sunflower	Love medicine, dermatological aid, and antirheumatic (external).
<i>Fraxinus latifolia</i>	Oregon ash	Febrifuge, snake bite remedy, anthelmintic, dermatological aid, canoe material, basketry, protection, and tools.

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SCIENTIFIC NAME	COMMON NAME	USES
<i>Galium triflorum</i>	Sweet-scented bedstraw	Gastrointestinal aid, love medicine, orthopedic aid, urinary aid, pediatric aid, dermatological aid, and analgesic.
<i>Gilia capiata</i>	Globe gilia	Food (seeds).
<i>Grindelia nana</i>	Idaho gumweed	Cough medicine, expectorant, pulmonary aid, urinary aid, tuberculosis remedy, analgesic, dermatological aid, disinfectant, and emetic.
<i>Helianthella californica</i>	California helianthella	Food (flowers).
<i>Heteromeles arbutifolia</i>	Toyon	Abortifacient, analgesic, gastrointestinal aid, dermatological aid, and food (fruit).
<i>Heuchera micrantha</i>	Crevice alumroot	Dermatological aid, liver aid, oral aid, throat aid, and food (leaves).
<i>Iris tenuissima</i>	Slender iris	Gynecological aid and hunting and fishing item.
<i>Juncus effusus</i>	Common rush	Emetic, oral aid, orthopedic aid, pediatric aid, strengthener, fodder, food (sprouts), cordage, and unspecified ceremonial use.
<i>Juncus ensifolius</i>	Sword-leaved rush	Fodder, food (bulbs), and basketry.
<i>Juncus tenuis</i>	Slender rush	Oral aid, orthopedic aid, pediatric aid, strengthener, emetic, veterinary aid, and cordage.
<i>Lepidium densiflorum</i>	Hairy peppergrass	Analgesic, kidney aid, dietary aid, gastrointestinal aid, pediatric aid, and sedative.
<i>Lomatium utriculatum</i>	Common lomatium	Dermatological aid, orthopedic aid, analgesic, gastrointestinal aid, and food (leaves, flowers).
<i>Lonicera hispidula</i> var. <i>vacillans</i>	Hairy honeysuckle	Designs (tattooing) and smoking tools.
<i>Lonicera interrupta</i>	Chaparral honeysuckle	Eye medicine, antirheumatic (external), dermatological aid, basketry, food (nectar), and smoking tools.
<i>Lotus humistratus</i>	Foothill lotus	Gynecological aid.
<i>Lupinus albifrons</i>	Silver bush lupine	Gastrointestinal aid and ceremonial items.
<i>Mimulus guttatus</i>	Common monkeyflower	Analgesic, herbal steam, orthopedic aid, dermatological aid, gastrointestinal aid, and food (leaves).
<i>Monardella odoratissima</i>	Mountain monardella	Diaphoretic, love medicine, cold remedy, febrifuge, pediatric aid,

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SCIENTIFIC NAME	COMMON NAME	USES
		analgesic, eye medicine, and gastrointestinal aid.
<i>Osmorhiza occidentalis</i>	Sierran sweet-cicely	Breast treatment, cough medicine, dermatological aid, eye medicine, gynecological aid, nose medicine, febrifuge, toothache remedy, and analgesic.
<i>Pellaea mucronata</i>	Bird's-foot fern	Antihemorrhagic, good luck charm, blood medicine, dermatological aid, emetic, febrifuge, gynecological aid, and beverage.
<i>Phacelia hastata</i>	Silverleaf phacelia	Gynecological aid.
<i>Phacelia heterophylla</i>	Phacelia	Dermatological aid and food.
<i>Philadelphus lewisii</i>	Wild mock orange	Cathartic, antirheumatic (external), breast treatment, dermatological aid, hemorrhoid remedy, pulmonary aid, and basketry.
<i>Phoradendron villosum</i>	Oak mistletoe	Abortifacient.
<i>Physocarpus capitatus</i>	Ninebark	Emetic, antidote, antirheumatic (external, internal), laxative, and cathartic.
<i>Pinus attenuata</i>	Knobcone pine	Decorations.
<i>Pinus lambertiana</i>	Sugar pine	Beverage, carminative, eye medicine, laxative, pediatric aid, cathartic, and food (nuts, sap).
<i>Pinus ponderosa</i>	Ponderosa pine	Dermatological aid, analgesic, antirheumatic (external), gynecological aid, and ceremonial medicine (pollen, cones).
<i>Pinus sabiniana</i>	Gray pine	Antirheumatic (internal, external), burn dressing, dermatolocial aid, analgesic, food (nuts), and diaphoretic.
<i>Polygonum lapathifolium</i>	Willow weed	Gastrointestinal aid, ceremonial medicine, febrifuge, cathartic, and emetic.
<i>Populus fremontii</i>	Fremont cottonwood	Analgesic, antirheumatic (external), dermatolocial aid, veterinary aid, orthopedic aid, and poultice.
<i>Potentilla glandulosa</i>	Common cinquefoil	Dermatological aid, stimulant, and tonic.
<i>Prunus virginiana</i>	Western choke-cherry	Cough medicine, antidiarrheal, cathartic, pediatric aid, throat aid, blood medicine, cold remedy, and dermatological aid.
<i>Pseudotsuga menziesii</i>	Douglas-fir	Cough medicine, gastrointestinal aid, gynecological aid, throat aid,

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SCIENTIFIC NAME	COMMON NAME	USES
		antirheumatic (external), orthopedic aid, cold remedy, and antidiarrheal.
<i>Pteridium aquilinum</i>	Western bracken fern	Poison, antiemetic, disinfectant, misc. disease remedy, tonic, dermatological aid, cancer treatment, antidiarrheal, antorheumatic (internal), and blood medicine.
<i>Pycnanthemum californicum</i>	Mountain mint	Cold remedy.
<i>Quercus chrysolepis</i>	Canyon live oak	Poison and food (acorns).
<i>Quercus douglasii</i>	Blue oak	Burn dressing, dermatological aid, eye medicine, throat aid, and food (acorns).
<i>Quercus garryana</i>	Oregon oak	Tuberculosis remedy, gynecological aid, and food (acorns).
<i>Quercus kelloggii</i>	Black oak	Food (acorns).
<i>Rhododendron occidentale</i>	Western azalea	Decorations, ceremonial items, and antidote.
<i>Rhus trilobata</i>	Skunkbrush	Emetic, gastrointestinal aid, gynecological aid, oral aid, misc. disease remedy, burn dressing, cold remedy, diuretic, hemostat, and reproductive aid.
<i>Ribes divaricatum</i>	Gooseberry	Cold remedy, eye medicine, throat aid, dermatological aid, and psychological aid.
<i>Ribes roezlii</i>	Sierra gooseberry	Food (fruit).
<i>Rosa californica</i>	California rose	Analgesic, pediatric aid, antirheumatic (internal), cold remedy, dermatological aid, febrifuge, gastrointestinal aid, kidney aid, and throat aid.
<i>Rosa gymnocarpa</i>	Wood rose	Ceremonial medicine, dermatological aid, eye medicine, hunting medicine, poison, tonic, and food (spice).
<i>Rubus leucodermis</i>	Western raspberry	Antidiarrheal, gastrointestinal aid, dermatological aid, misc, disease remedy, food (fruit), and beverage.
<i>Rubus parviflorus</i>	Thimbleberry	Pulmonary aid, burn dressing, dietary aid, tonic, antiemetic, antihemorrhagic, dermatological aid, gynecological aid, and blood medicine.
<i>Rubus ursinus</i>	California blackberry	Antidiarrheal, gastrointestinal aid, antiemetic, antihemorrhagic, gynecological aid, and food (fruit).

**TABLE 2. PLANT SPECIES OBSERVED ON SHASTA LAKE WITH NATIVE AMERICAN HISTORICAL AND/OR CURRENT USAGE**

SCIENTIFIC NAME	COMMON NAME	USES
<i>Salix exigua</i>	Narrow-leaved willow	Adjuvant, antirheumatic (external), cold remedy, febrifuge, ceremonial medicine, emetic, venereal aid, cough medicine, throat aid, beverage, and basketry.
<i>Salix lucida</i>	Shining willow	Hemostat, respiratory aid, analgesic, dermatological aid, smoke plant, antidiarrheal, and basketry.
<i>Sanicula bipinnatifida</i>	Purple sanicle	Panacea and snake bite remedy.
<i>Sedum spathulifolium</i>	Pacific stonecrop	Gynecological aid, hemostat, hemorrhoid remedy, pediatric aid, sedative, laxative, and oral aid.
<i>Smilax californica</i>	Greenbriar	Basketry.
<i>Symphoricarpos albus</i> var. <i>laevigatus</i>	Snowberry	Dermatological aid, venereal aid, diuretic, burn dressing, eye medicine, febrifuge, and pediatric aid.
<i>Tellima grandiflora</i>	Fringe cups	Psychological aid, dietary aid, and panacea.
<i>Toxicodendron diversilobum</i>	Poison oak	Eye medicine, contraceptive, poison, preventative medicine, dermatological aid, antidote, and snake bite remedy.
<i>Trifolium microcephalum</i>	Small-headed clover	Food
<i>Trifolium variegatum</i>	White-tipped clover	Food (leaves, flowers).
<i>Triteleia hyacinthina</i>	White brodiaea	Food (bulbs).
<i>Umbellularia californica</i>	California bay	Analgesic, insecticide, cold remedy, dermatological aid, disinfectant, gynecological aid, panacea, and antirheumatic (external).
<i>Verbena lasiostachys</i>	Common verbena	Febrifuge, gastrointestinal aid, and misc. disease remedy.
<i>Vitis californica</i> *	Wild grape	Food (fruit) and basketry.
<i>Woodwardia fimbriata</i>	Giant chain fern	Basketry and cooking tools.
<i>Xanthium strumarium</i>	Cocklebur	Urinary aid, ceremonial medicine, oral aid, dermatological aid, blood medicine, febrifuge, gynecological aid, antirheumatic (internal), kidney aid, and orthopedic aid.
<i>Zigadenus venenosus</i>	Death camas	Emetic, poison, analgesic, antirheumatic (external), dermatological aid, and orthopedic aid.

\* Plants utilized by the Wintu tribe